

## CLAIMS

1. A portable exercise apparatus comprising:

a. at least one removable, horizontal user gripping bar for supporting at least portion

5 of the force generated by a user during exercise;

b. a vertical frame capable of supporting at least portion of the force generated by a user during exercise comprising

i. a free-standing vertical rear support frame and

ii. at least one pair of vertical side support frames pivotally attached to said rear

10 support frame; and

c. at least one user support base having opposing sides and opposing ends and capable of supporting at least a portion of the force generated by a user during exercise,

each user gripping bar being removably attached to each of said pairs vertical side support frames; and

15 said opposing sides of said user base being removably attached to each of said pairs of vertical side support frames and one end of each user base abutting said vertical rear support frame.

2. A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:

20 at least one pair of stabilizing legs.

3. A portable exercise apparatus as recited in claim 1 wherein said apparatus comprises first and second pairs of vertical side support frames and said rear support frame having a first and a second side, and said first pair of vertical side support frames pivotally

attached to said first side of said rear support frame and said second pair of vertical side support frames pivotally attached to said second side of said rear support frame.

4. A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:

5           each of said user gripping bar being vertically adjustable at a plurality of discrete vertical positions.

5. A portable exercise apparatus as recited in claim 1 wherein said apparatus further comprises:

10           at least one support base extension removably attached to said opposing end of said user base.